

## Lower Dolpo Trek

### Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Trip Style:** Trekking

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Accommodation:** Hotel, Lodge and camping

**Group Size:** minimum 1

**Max Elevation:** 5238mtr.

Trekking in the Lower Dolpo region allows exploring a part of the very distinctive community and environment. Lower Dolpo Trek leads far away from the daily hustle of your life in unspoiled and pristine Dolpo region. The trek happens in the remote western region of Nepal, which is highly influenced by Tibetan culture and norms. As it is a very remote part of Nepal, only a handful of travelers has traversed the region. The trail is not crowded and is perfect for those who want to have a peaceful venture in nature.

**Lower Dolpo Trek** is a carefully crafted package that showcases spectacular beauty of nature, high passes, and snow-capped peaks. Trekking through picturesque villages, you enter in the well-preserved part of the region, where Bon Po and Tibetan Buddhism is still in practice. Lower Dolpo Trekking is a lifetime experience that will allow you to look into yourself. During the trek, you get enough time to unwind your mind and solve all the tangled threads of your life. The trail can get moderate to difficult as you gain altitude.

Enjoying tempting views of nature, you cross Numa La Pass and Baga La Pass. The most beautiful part of Lower Dolpo Trek 20 Days is Shey Phoksundo Lake. The gorgeous



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turquoise color of the lake surrounded by glistening snow-capped Himalayan mountains is a heavenly view that not only soothe your eyes but heart as well. Known as the jewel of the Dolpo region, Shey Phoksundo Lake is the second largest lake in Nepal. Most part of the Lower Dolpo Trek passes through dense forests, where you get to see diverse flora and fauna as well.

## Highlights

- Adventurous and prisitnetrail
- Off-the-beaten trekking experience
- Trek through beautiful villages
- Experience the rich culture and tradition of the locals that is highly influenced by Tibetans
- Cross difficult Numa La Pass and Baga La Pass
- Explore stunning Phoksundo Lake
- Get to see gorgeous scenery on the trail
- Witness excellent Himalayan mountains views Dhaulagiri Range, Kanjirowa Himal, and many Tibetan mountain range etc

## Day to Day Itinerary

**Day 1: Arrive in Kathmandu**

**Day 2: Sightseeing and preparation day**

**Day 3: Fly to Nepalgunj**

**Day 4: Fly to Jhupal (2,320m) and trek to Dunai (2,850m); 4 hrs**

**Day 5: Trek to Lingdo (2,350m); 6 hrs**

**Day 6: Trek to Laini Odar (3,160m); 6:30 hrs**

**Day 7: Trek to Shim Odar (3,675m); 6:30 hrs**

**Day 8: Trek to Dho-Tarap (4,090m); 8 hrs**

**Day 9: Explore day around Dho-Tarap**

**Day 10: Trek to Numala Base Camp (4,440m)**

**Day 11: Trek to Danigar via cross the Numa La Pass (5,238m)**

**Day 12: Trek to Yak Kharka via cross the Baga La Pass (5,170m)**

**Day 13: Trek to Ringmo Gaun (3,600m)**

**Day 14: Explore Phoksundo Lake and Gompa**

**Day 15: Trek to Rechi (3,010m) via Rike village; 5:30 hrs**

**Day 16: Decent to Kageni (2,350m); 6 hrs**

**Day 17: Trek to Jhupal (2,450m); 4:30 hrs**

**Day 18: Fly to Nepalgunj and then to Kathmandu**

**Day 19: Leisure time in Kathmandu**

**Day 20: Final departure from Kathmandu**

## **Cost Includes**

- Arrival and departure transfer services to/from both airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu and Nepaljung
- Experienced and government-licensed trekking guide, Experienced cook & all the staffs during the trekking
- Schedule flight tickets for Kathmandu-Nepaljung-Juphal-Kathmandu
- All the camping equipment like; cooking utensils, kitchen tent, dining tents, toilet tents, tables, chairs and sleeping tent twin basis
- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Welcome & farewell dinner in a typical Nepali restaurant
- All the food and fuel for trek
- All necessary permits for lower Dolpo
- All wages, equipment, medicals, and accidental insurances for involved staffs
- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 3 per minute call

- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, brochure, duffel bag, etc

## **Cost Excludes**

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Any extra services or products or offers or activities, which are not mentioned in the itinerary



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- Any other item not included in the “COST INCLUDES” section